

# WIC APPROVED FOOD LIST

## Nevada and ITCN WIC Nutrition Program's "WIC Approved Food List" Effective October 1, 2010

WIC FOODS	DETAILS
Fruits and Vegetables	<ul style="list-style-type: none"> <li>Any brand and variety of fresh, frozen, or canned fruits and vegetables</li> <li>Whole, cut, or mixed fruit and vegetables, except white potatoes.</li> <li>Orange yams and sweet potatoes are allowed.</li> <li>Organic is allowed</li> </ul> <p><b>NOT ALLOWED</b></p> <ul style="list-style-type: none"> <li>No dried fruits and vegetables</li> <li>No added sugar, fats, or oils</li> <li>No added sauce or creamed vegetables</li> <li>No added rice, meat, pasta, white potatoes or noodles</li> <li><i>No breaded or battered vegetables, no fruits and vegetables from the salad bar, no fruit baskets, no party vegetable trays, and no ornamental or decorative fruits or vegetables such as chili peppers on a string, garlic on a string, gourds, painted pumpkins, and no french fries, tater tots, hash browns, etc.</i></li> </ul>
Whole Grain Bread	<ul style="list-style-type: none"> <li><b>NO Organic</b></li> <li><b>NO Light Bread</b></li> <li><b>No Buns or Rolls</b></li> <li>Loaf of Bread</li> <li>16 ounce packages only</li> <li>Whole grain must be the first ingredient listed on the packaging.</li> </ul>
Brown Rice	<ul style="list-style-type: none"> <li><b>NO Organic</b></li> <li><b>NO Bulk</b></li> <li><b>NO Ready to Serve</b></li> <li><b>NO Boil in a Bag</b></li> <li>16 ounce bags or boxes allowed</li> <li>Instant, Quick, or Regular Cook Time</li> <li>Short or Long Grain</li> </ul>
Tortillas	<ul style="list-style-type: none"> <li><b>NO Organic</b></li> <li>Whole Wheat and Corn Only</li> <li>16 ounce packages only</li> </ul>

Tofu	<ul style="list-style-type: none"> <li>• <b>NO Organic</b></li> <li>• Plain, calcium-set tofu, which is:</li> <li>• Firm or medium</li> <li>• Refrigerated, water-packed only</li> <li>• Brands: Asumaya House Premium</li> </ul>
Soy Beverage	<ul style="list-style-type: none"> <li>• <b>Pacific Ultra Soy, Plain, shelf stable</b></li> <li>• <b>Pacific Ultra Soy, Vanilla, shelf stable</b> Quart size (32 oz container)</li> <li>• <b>8th Continent Soymilk, Original</b> Half Gallon (64 oz container)</li> </ul>
Canned Sardines	<ul style="list-style-type: none"> <li>• <b>ANY BRAND</b></li> <li>• 3.75 ounce can or larger</li> <li>• Packed in water, oil, mustard, or ketchup</li> <li>• No Added Seasonings</li> </ul>
Baby Food Fruits and Vegetables	<ul style="list-style-type: none"> <li>• <b>NO Organic</b></li> <li>• <b>NO Added DHA</b></li> <li>• <b>ANY BRAND</b></li> <li>• <b>Step 2 Only</b></li> <li>• Single Fruits or combinations of fruits in 3.5-4 ounce containers</li> <li>• Single Vegetables or combinations of vegetables in 3.5-4 ounce containers</li> </ul>
Baby Foods Meats	<ul style="list-style-type: none"> <li>• <b>NO Organic</b></li> <li>• <b>NO Added DHA</b></li> <li>• <b>ANY BRAND</b></li> <li>• <b>Step 1 or Step 2</b></li> <li>• Added broth or gravy allowed</li> <li>• <b>MEATS</b> Beef Chicken Ham Lamb Turkey Veal</li> </ul>
<b>CURRENT FOODS</b>	<b>DETAILS</b>
Milk	<p>Least expensive brand of these types of unflavored, pasteurized non-organic milk in quarts, half gallons and gallons:</p> <ul style="list-style-type: none"> <li>• Whole (3.5%), reduced (2%), low fat (1%) or skim (non-fat) Vitamin A and D fortified</li> <li>• Acidophilus and lactobacillus</li> <li>• Lactose-free and lactose-reduced (e.g. Lactaid)</li> <li>• Fluid Shelf Stable</li> <li>• Dry Vitamin A and D fortified</li> <li>• Evaporated milk</li> <li>• Fresh or Evaporated Goat's Milk</li> </ul>

Cheese	<p>Any brand of these types (or combination of the listed types) of non-organic cheese in 16 ounce package only:</p> <ul style="list-style-type: none"> <li>• Cheddar</li> <li>• Colby</li> <li>• Longhorn Style</li> <li>• Jack</li> <li>• Mozzarella (regular or string)</li> <li>• Processed American</li> </ul> <p>Cheese may be:</p> <ul style="list-style-type: none"> <li>• Blocked, sliced, or mixed</li> <li>• Regular, Reduced Fat, Low Fat, or Fat Free</li> <li>• <b>NO Individually wrapped slices</b></li> </ul>
Eggs	<ul style="list-style-type: none"> <li>• Least Expensive Brand</li> <li>• Grade AA</li> <li>• Dozen only</li> <li>• Chicken Eggs Only</li> <li>• Large (substitution of Medium size eggs is allowed only when large eggs are not available)</li> </ul> <p><b>Hardboiled eggs will remain authorized for participants that have inadequate storage/cooking.</b></p>
Dried beans, peas, or lentils	<ul style="list-style-type: none"> <li>• Any brand</li> <li>• 16 ounce bag</li> </ul>
Peanut Butter	<p>Any brand of these types of non-organic peanut butters in 16 to 18 ounce containers :</p> <ul style="list-style-type: none"> <li>• Creamy</li> <li>• Chunky</li> <li>• Extra chunky</li> <li>• Salted or unsalted</li> </ul>
Cereal	<p><b>12 ounce boxes or larger</b>  <b>36 ounce box maximum</b>  Cold:</p> <ul style="list-style-type: none"> <li>• Malt O Meal <ul style="list-style-type: none"> <li>▪ Honey &amp; Oat Blenders</li> <li>▪ Honey &amp; Oat Blenders w/Almonds</li> <li>▪ Frosted Mini Spooners (WG)</li> <li>▪ Strawberry Cream Mini Spooners (WG)</li> <li>▪ Crispy Rice</li> </ul> </li> <li>• General Mills Cheerios Regular (WG)</li> <li>• General Mills Multi Grain Cheerios (WG)</li> <li>• General Mills Kix</li> <li>• General Mills Honey Kix (WG)</li> <li>• General Mills Chex</li> </ul> <p><i>Multi Bran</i>  <i>Wheat (WG)</i>  <i>Corn</i>  <i>Rice</i></p>

Cereal cont.	<ul style="list-style-type: none"> <li>• Kellogg's Corn Flakes</li> <li>• Kellogg's Frosted Mini-Wheats Regular or Bite Size (WG)</li> <li>• Post Banana Nut Crunch</li> <li>• Post Grape Nuts (regular only) (WG)</li> <li>• Post Honey Bunches of Oats (Honey Roasted or Almonds)</li> <li>• Quaker Oats Life (regular only) (WG)</li> </ul> <p>Hot:</p> <ul style="list-style-type: none"> <li>• Malt O Meal <ul style="list-style-type: none"> <li>▪ Original Hot Wheat Cereal</li> <li>▪ All Natural Creamy Hot Wheat Cereal</li> <li>▪ Farina Hot Wheat Cereal</li> </ul> </li> <li>• Mom's Best <ul style="list-style-type: none"> <li>▪ Naturals Quick Oats (WG)</li> </ul> </li> <li>• Quaker Oats Oatmeal (WG) Instant Mix n Eat, regular flavor only</li> <li>• Nabisco Cream of Wheat (Any cooking time except instant)</li> <li>• Nabisco Cream of Wheat Whole Grain (WG)</li> </ul>
Infant Formula	<ul style="list-style-type: none"> <li>• Formula with iron (unless specified otherwise). Must be exact item on printed Shopping List.</li> </ul>
Infant Cereal	<p><b>8 ounce boxes of Dry Gerber or Beechnut infant cereal.</b> (unless otherwise specified on the Shopping List)</p> <p>May be: <i>Whole Wheat (WG), Barley, Rice, Oatmeal, or Mixed</i></p> <p><b>NO organic, single serving, or added fruit.</b></p>
<p>Juice - 64 ounce bottles or carton, single strength</p> <p><b>Note:</b> This container size is for children only</p>	<p><b>100% Fruit Juice</b></p> <p>Apple Juice:</p> <ul style="list-style-type: none"> <li>• Seneca Apple (Red Label only)</li> <li>• Tree Top Apple (Green Label only)</li> <li>• Juicy Juice Apple Raspberry</li> <li>• Juicy Juice Apple Banana</li> <li>• Langer's Apple Juice</li> </ul> <p>Grape:</p> <ul style="list-style-type: none"> <li>• Welch's White Grape</li> <li>• Welch's Purple Grape</li> <li>• Juicy Juice Grape</li> <li>• Juicy Juice White Grape</li> <li>• Langer's Red Grape</li> <li>• Langer's White Grape</li> </ul> <p>Orange and Pineapple:</p> <ul style="list-style-type: none"> <li>• Least Expensive Brand</li> <li>• Langer's Pineapple</li> </ul> <p>Vegetable</p> <ul style="list-style-type: none"> <li>• V8</li> </ul>

Juice- 64 oz cont.	<p>Other Flavors:</p> <ul style="list-style-type: none"> <li>• Juicy Juice Cherry</li> <li>• Juicy Juice Berry</li> <li>• Juicy Juice Strawberry Banana</li> <li>• Juicy Juice Kiwi Strawberry</li> <li>• Juicy Juice Orange Tangerine</li> <li>• Juicy Juice Punch</li> <li>• Langer's Mixed Berry</li> </ul>
<p>Juice – 11.5 or 12 ounce cans, frozen or “pourable” concentrate</p> <p>Frozen and pourable juices reconstitutes to 48 fluid ounces.</p> <p><b>Note:</b> This container size is available to women only.</p>	<p><b>100% Fruit Juice</b></p> <p>Apple Juice:</p> <ul style="list-style-type: none"> <li>• Seneca (Red Label only)</li> <li>• Tree Top (Green Label only)</li> <li>• Juicy Juice Apple</li> <li>• Langer's Apple Juice</li> </ul> <p>Grape:</p> <ul style="list-style-type: none"> <li>• Welch's White Grape</li> <li>• Welch's Purple Grape</li> <li>• Welch's White Grape Cranberry</li> <li>• Welch's White Grape Raspberry</li> <li>• Welch's White Grape Pear</li> <li>• Welch's White Grape Peach</li> </ul> <p>Orange and Pineapple:</p> <ul style="list-style-type: none"> <li>• Least Expensive Brand</li> <li>• Langer's Orange Juice</li> <li>• Langer's Orange Juice Plus</li> </ul> <p>Other Flavors:</p> <ul style="list-style-type: none"> <li>• Juicy Juice Berry</li> <li>• Juicy Juice Punch</li> <li>• Langer's Spring Blend</li> <li>• Langer's Summer Blend</li> <li>• Langer's Autumn Blend</li> <li>• Langer's Winter Blend</li> </ul>
Tuna	<p><b>Any Brand Chunk Light</b></p> <ul style="list-style-type: none"> <li>• Packed in water</li> <li>• 5 ounce cans or larger</li> <li>• Must be light tuna</li> </ul>